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A Spinning World

One minute you’re on solid ground. The next minute, the world around you spins and turns. Your stomach abruptly becomes upset, and the slightest movement causes a feeling of nausea. Your ears unexpectedly roar and buzz. All of these actions are signs of Meniere’s disease. Meniere’s disease is a disorder of the inner ear. It is caused when too much fluid backs up in your ear canal. Excess fluid causes the canals to swell and work inefficiently. The origin of Meniere’s is presently unknown. However, the most recent opinion states, that small attacks of Meniere’s disease results from shifting pressure in the inner ear. Unfortunately, Meniere’s affects about twenty percent of the population in the world.

Throughout the world, Meniere’s symptoms are due to the problem in the inner ear. The inner ear has the responsibility for hearing as well as balance. One of the most common symptoms of Meniere’s is vertigo. Vertigo is a sensation, which results in balance problems. Nausea, vomiting, and sweating often accompany vertigo. Attacks of vertigo usually begin suddenly and without warning. They last about twenty minutes to several hours. This attacks cause difficult interruptions in a person’s normal, daily life. Another common symptom of Meniere’s includes tinnitus. Tinnitus causes a repetitive feeling of ringing, buzzing, or roaring noises in the ear. These noises may pass, or may never go away. Although ninety-five percent of the population is affected in one ear, it can occasionally develop in both ears. When symptoms of vertigo occur, a doctor should be consulted to ensure an accurate diagnosis.

Generally, a series of tests as well as physical examinations will help the doctor determine the appropriate diagnosis. These forms of evaluation will help determine balance and hearing abilities. They can also help determine Meniere’s disease. Once the disease has been diagnosed, the doctor will recommend a plan to manage symptoms. This plan may include diet, lifestyle changes, medications, or surgery.

After diagnosis, learning to control Meniere’s isn’t easy. The symptoms of Meniere’s disease are difficult to control. Depression, fear, and frustration might occur. However, there are certain ways to control the conditions and symptoms. The most common way to cope with Meniere’s is to eat a low-salt diet. Salt contains sodium, which makes the body develop excess fluid in the inner ear. Eating less sodium will help relieve excess fluid in the inner ear. Find how many milligrams of sodium can be consumed each day. Another common way to handle Meniere’s is by taking certain medications for the symptoms. Some help reduce the fluid pressure that causes the symptoms, while others just ease the symptoms. Sadly, no medication will cure Meniere’s, and no single medication is appropriate for everyone. Certain medications such as diuretics, lend a helping hand in eliminating the body’s excess fluid. Other medications include: anti-dizziness, anti-nausea, and sedatives. Anti-dizziness medications help relieve vertigo attacks. While anti-nausea medications help relieve nausea and vomiting. Sedative medications help the body relax and rest during a vertigo attack.

Coping with an illness like Meniere’s isn’t simple. However, some changes can help a person live a full and normal life. Reduce stress by exercising regularly. A healthy body can help undertake the difficult challenges of Meniere’s disease. Give the body time to adjust to the changes. Spend time with family and those closest to you. Be active in the things you love to do. Learn as much as possible about Meniere’s disease. Knowledge will help you take charge and prevent Meniere’s from overtaking your life.